

VASCULAR LASER (ND LONG PULSED YAG) PRE + POST CARE

Before Your Treatment — Pre-Care Instructions

- Avoid sun exposure and tanning — Keep the treatment area out of direct sun and avoid tanning beds, self-tanners, and spray tans for at least 2 weeks before each session. Treating tanned skin increases the risk of burns, hyperpigmentation, and hypopigmentation.
- Arrive with clean, product-free skin — The treatment area should be clean and completely free of lotions, sunscreen, makeup, self-tanner, or any other products on the day of your appointment.
- Avoid blood-thinning medications & supplements — If medically safe to do so, avoid aspirin, ibuprofen, naproxen, fish oil, vitamin E, and alcohol for at least 5-7 days before to minimize bruising at the treatment site.
- Avoid active skincare on the area — Stop applying retinol, AHAs, BHAs, and exfoliating products to the treatment area for at least 5 days before your appointment.
- No other skin treatments on the area — Avoid chemical peels, microneedling, waxing, and other laser or light-based treatments over the treatment area for at least 2 weeks beforehand.
- Avoid alcohol — Do not consume alcohol for at least 24-48 hours before your appointment as it causes vasodilation, which can make vascular targets more reactive and increase bruising risk.
- Stay well hydrated — Drink plenty of water in the days leading up to your appointment to support optimal skin condition and recovery.
- Avoid hot showers and heat before treatment — On the day of your appointment, avoid hot showers, saunas, steam rooms, and vigorous exercise as heat dilates blood vessels and can make the treatment area more reactive.
- Disclose medications & conditions — Inform your provider of all medications (especially blood thinners, photosensitizing drugs, or medications for vascular conditions), history of blood clotting disorders, keloid scarring, autoimmune conditions, or any history of leg vein treatments including sclerotherapy.

After Your Treatment — Post-Care Instructions

- Expect redness, swelling, and bruising — Redness, mild swelling, warmth, and bruising or darkening of the treated vessels are completely normal immediately after treatment. Vessels may appear darker or more prominent for several days before they begin to fade.
- Apply a cool compress if needed — If the area feels warm or uncomfortable, apply a clean cool compress or chilled gel pack (not ice directly on skin) for 10-15 minutes at a time to soothe the skin.
- Keep the area clean and moisturized — Gently cleanse the treated area and apply a gentle, fragrance-free moisturizer to keep the skin calm and supported during healing.
- Apply SPF every day — Treated skin is more sensitive to UV exposure after vascular laser treatment. Use SPF 30-50 on any exposed treatment areas daily and reapply every 2 hours when outdoors. Sun exposure can trigger new vascular damage and hyperpigmentation.
- Avoid heat for 48-72 hours — Skip hot showers, baths, saunas, steam rooms, and intense exercise for at least 48-72 hours after treatment. Heat causes vasodilation and can worsen swelling, bruising, and post-treatment reactivity.
- Avoid alcohol for 24-48 hours — Do not consume alcohol after treatment as it dilates blood vessels and can increase swelling, redness, and bruising in treated areas.
- Avoid tight clothing over treated areas — If leg veins were treated, wear loose, comfortable clothing and avoid compression garments unless specifically recommended by your provider. Do not stand for prolonged periods immediately after treatment.

- Do not pick or rub the treated area — Avoid scratching, rubbing, or applying pressure to the treated vessels. Allow the natural resolution process to occur undisturbed.
- Avoid submerging treated areas — Do not swim, use hot tubs, or submerge treated areas until redness and any surface changes have fully resolved — typically 1-2 weeks.
- Allow time between sessions — Sessions for vascular treatment are typically spaced 4-8 weeks apart to allow treated vessels to fully resolve and the skin to heal before reassessing. Results continue to improve between sessions.

Contact your provider immediately if you experience:

- Blistering, burns, or open skin in the treated area
- Signs of infection: increasing redness, warmth, swelling, pus, or fever
- Significant or worsening skin discoloration — very dark or very light patches
- Raised scarring or unusual skin texture changes
- For leg vein treatments: new pain, significant swelling, or hardness along a vein
- Any skin changes or symptoms that concern you during healing

After treatment, vessels may initially look darker or more noticeable before they begin to fade. Clearance takes time as the body gradually reabsorbs the treated vessels over 4-8 weeks. Most clients need 3-5 sessions for optimal results depending on the size, depth, and number of vessels treated. Protecting treated areas from sun exposure between sessions is one of the most important things you can do to prevent new vascular damage from forming.